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Khawaja convicted

Judge rules city man guilty on five terrorism-related charges

TRACEY TONG
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An Ottawa software developer who was the first person charged under Canada's post-9/11 anti-terrorism legislation was found guilty yesterday on five of seven terrorism-related counts against him.

Justice Douglas Rutherford convicted Momin Khawaja, 29, on five charges that he "knowingly participated in or contributed to activity of a terrorist group," but found him not guilty of two terrorism charges related to a foiled London bomb plot.

Rutherford said Khawaja was not guilty of terrorism offences related to a remote-controlled detonating device — called the Hi-Fi Digimonster — he built in the basement of his home because it wasn't proven that he knew it would be used for a bomb attack in London, England.

Khawaja was instead found guilty of two related Criminal Code explosives offences.

Khawaja's defence lawyer Lawrence Greenspon afterwards called the verdict a "victory."

CHRIS WATTIE/REUTERS

Momin Khawaja, left, is transported from Ottawa's Elgin Street courthouse yesterday.

"He's been acquitted of any role in the London bombing," Greenspon said, adding that the convictions "pale in comparison to the charges he was facing in relation to the London bombing."

Crown Bill Boutzouvis said afterwards the not-guilty rulings on the two terrorism charges were how the "cookie crumbles.

"We don't claim victory," he said.

"I think it's clear he was involved in terrorism, and the other counts make it clear," said Crown David McKercher.

Police seized detonator components, along with several assault rifles, 640 rounds of ammunition, and $10,000 cash during a search of Khawaja's Orleans home in March 2004.

Sentencing is Nov. 18. Khawaja could face life in prison.

David Harris, a lawyer and director of the International and Terrorism Intelligence Program at Insignis Strategic Research Inc., said the trial "defined Mr. Khawaja for what he is."

"We have a serious problem of Jihadism and soft Jihadism, as it's called," he said. "It's time to recognize that Canadians are not immune."

Watch a report on Khawaja's convictions at metronews.ca/canada

Feds won't force surplus, Flaherty says

ECONOMY Last week, Jim Flaherty refused to speculate about whether the federal government might run a deficit in 2009.

Now, he's saying it might actually be the most responsible thing to do.

"We are not going to engineer a surplus simply for the sake of being able to say that we have a surplus," the finance minister told reporters yesterday, after addressing a luncheon in Toronto.

"The goal is to manage the economy responsibly."

One of Flaherty's most vocal critics this week has been the man who handed him that surplus: former finance minister and Liberal prime minister, Paul Martin.

Flaherty lashed out at Martin, saying his surpluses had a negative impact on Canadians.

"Paul Martin did something that we will never do," Flaherty said. "We will never balance our budget on the backs of the provinces and territories in Canada. That's what he did." TORSTAR NEWS SERVICE

Sports pg 8

Phillies on top of world

Style pg 13

Dress like a superspy

Halloween Trick-or-eat!

ETIENNE RANGER/FOR METRO OTTAWA

Donning their Halloween costumes for a good cause, Carleton University students Elizabeth Grimshaw 20, Allison Smith, 19, and Hana Lang, 19, from left, are among the city's college-age "kids" that'll be dressed up and on your doorstep tomorrow night. They're not collecting candy, but they will be asking for non-perishable food items to benefit Trick or Eat!, a Meal Exchange charity initiative. Story, page 3

Break-ins hit 28, man arrested

CRIME Police have nabbed a single suspect in connection to a string of at least 28 break-and-enters that plagued Lowertown in recent months. Richard Séguin, a 48-year-old Ottawa man, has been charged with a rash of residential robberies that were reported to police since early-July in the area. In most cases, unlocked or partially-opened windows were targeted and small portable items and cash were the main items stolen. Séguin faces 28 counts of break-and-enter, possession of break-in instruments, and possession of property under $5,000 obtained by crime. METRO OTTAWA

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BEAUTY *at the Bay*

Leave pets out of Halloween fun: Humane Society
Halloween can be a distressing time for dogs and cats, the Ottawa Humane Society says. Pets should be kept indoors to protect them from pranks, and should not be dressed in costumes. Owners should also be aware that animals frightened by noisy, costumed kids may bite. OTTAWA HUMANE SOCIETY

Ottawa

Everything old is new again

Ottawa's Vintage Clothing Sale returns to the Fairmont Chateau Laurier on Nov. 9, bringing together 50 of the country's top private and commercial exhibitors of vintage clothing, accessories, jewellery and textiles from the 1900s to the 1970s.
OTTAWA VINTAGE CLOTHING SALE

'Bone-jarring' city roads decried

Limebank and Carling make CAA list of Ontario's 10 worst roads

TIM WIECLAWSKI
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Limebank Road again owns the dubious distinction of being Ottawa's worst road — and one of the most ill-kept roads in Ontario.

While falling to fourth place from the runner-up position it held in 2007, Limebank still retained its top 10 position in Ontario's Worst Roads survey, compiled by the Canadian Automobile Association (CAA).

Limebank has finished top 10 every year since 2004, while Carling Avenue — which this year placed 10th — has "bone-jarring potholes and wheel ruts" that make it ideal for the list, says the CAA.

TIM WIECLAWSKI / METRO OTTAWA

Construction pylons block off part of Limebank Road, which was voted the worst road in Ottawa in a recent survey.

Consider taking a detour

Ontario's 10 'worst roads', as voted by users in a worstroads.ca poll:

- 1. Steeles Avenue – Toronto
- 2. Brock Street – Kingston
- 3. Vermillion Lake Road – Sudbury
- 4. **Limebank Road – Ottawa**
- 5. Regent Street – Sudbury
- 6. Anne Street – Barrie
- 7. Erb Street – Waterloo
- 8. Franklin Boulevard - Cambridge/Waterloo
- 9. Stone Church Road – Hamilton
- 10. **Carling Avenue - Ottawa**

Gloucester South Nepean councillor Steve Desrochers said fixing Limebank remains a priority, even if improvement has been slow.

"We have work to do to get Limebank off the list of worst roads, but progress is being made," he said.

For example, he said, the River Road-Limebank intersection was recently improved and the city has awarded a contract for work between River and Hunt Club roads.

But work on Limebank has not kept pace with the area's growth, said Korey Kennedy, with CAA North and Eastern Ontario.

"(Limebank) is the main stretch of roadway that links … Riverside to Hunt Club Road," he said. "The community towards Riverside South is still expanding so there is an increase in the amount of traffic. And new individuals moving into the community, they may be a little more apt to voice their concerns."

Carling Avenue's failings did not go unnoticed, either. "If Genghis Kahn had to travel this road, he'd never have made it thru the Alps," griped one person who voted for Carling at the worst-roads.ca site.

The Worst Roads campaign intends to shame municipal governments into fixing bad roads. Ninety per cent of roads named on the list since 2003 have been repaired.

Seized fake bills on the verge of 'passable': Cops

CURRENCY Three Ottawa residents arrested Tuesday night in connection to a counterfeiting operation appeared in court yesterday.

Michael Green, 45, and Joseph O'Donnell, 43, are facing multiple counterfeiting and drug-related offences after city police's Organized Fraud Section searched an Overbrook residence on a warrant. A third person, 30-year-old Genevieve Cunningham, was charged with drug-related offences.

Fraud unit Det. Jorge Mendonca declined to comment on how much counterfeit currency had passed into circulation, but said many of the notes seized were not high quality.

"(It was) getting from a start point where the notes aren't very good, to the point where they are aligned and cut with the foil security features on them enough to be passable," he said.

Officers allegedly seized completed and partially completed counterfeit $20 and $50 Canadian bills, computers, scanners as well as a quantity of drugs.

TIM WIECLAWSKI / METRO OTTAWA

Scaring up some sustenance

TRACEY TONG
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They're a bit older than your average trick-or-treaters.

But tomorrow night, if you open your door to find a larger-than-average pumpkin, or a college-age fairy princess, rest assured it's no joke.

Dozens of Carleton University students will be dressing up and knocking on doors this Halloween to collect non-perishable food donations for Trick or Eat!, an initiative of Meal Exchange, a national youth-driven charity.

Local students are among 6,000 young people in 53 communities Canadawide expected to participate, with the goal of raising 140,000 meals and $20,000 in online donations.

"It's startling to hear that over 720,000 people visit a food bank each month in Canada," said Allison Smith, Carleton's Trick or Eat! drive coordinator.

"The students will be out tomorrow night, collecting non-perishable food items or anything that a food bank needs, like diapers," she said.

Smith and fellow Carleton student Sarah Chown restored Meal Exchange to Carleton after a hiatus.

"Right now, I'm living downtown where you see the need all the time," she said.

"You see people who don't have the same privileges as most of us in Canada.

"It's such a basic need and it's so easy for us to help. Students may not have a lot of money, but we can still help."

Although Smith doesn't know what to expect in terms of donations, she said they've already exceeded the number of volunteers and online donations they'd hoped for locally.

"I think it says that students are incredibly engaged in issues in the community. It really negates the image of youth apathy that people have."

Getting involved

- Ontario is the province assisting the largest share of food bank recipients, according to Meal Exchange.
- Donations to Trick or Eat! can continue be made online at www.mealexchange.com.

Gatineau fares rise for '09

STO Transit riders in Gatineau will pay slightly more to take STO buses in the new year. As of January 1, a rate-of-inflation increase of 2.5 per cent will be applied to bus passes, tickets, cash fares and day passes by the Société de Transport de l'Outaouais.

Regular and express monthly passes will rise by $2 for adults to $76 and $91.50 respectively, and by $1 for students to $52.50 and $65 and for seniors, to $34.50. The interzone pass prices remain unchanged.

Bus tickets will increase by 10 cents to $2.80 for adults and five cents to $2.05 for students and seniors. Cash fares will increase by 10 cents for adults, students and seniors to $3.25 for a regular ride.

The STO was mindful of patrons' ability to pay when developing the new fares, chairman Patrice Martin said following approval of the 2009 fare schedule yesterday.

Despite the need for fare increases, Gatineau's Mayor Marc Bureau said the city is ready to absorb any economic downturn through a $15-million reserve fund that he said is the envy of almost every city in Quebec.

In a state of finance report yesterday, Bureau said Gatineau also recorded a $10-million surplus last year.

TRACEY TONG / METRO OTTAWA
WITH FILES FROM CTVOTTAWA.CA

Going places

- The STO projects that ridership will grow by 2.5 per cent next year to 19.4 million trips.

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What's online today.

Watch as a Montreal elementary school's circus arts class turns kids into gym heroes at metronews.ca/canada
Read Billy Munnelly's classic wine picks at metronews.ca/live

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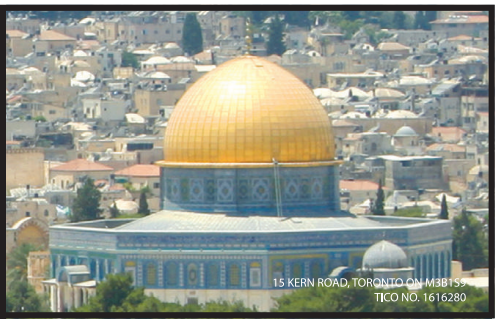

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Cantley raid leads to big pot seizure
Police seized more than $300,000 of marijuana from a Cantley home Tuesday afternoon, arresting two Ottawa men. CTVOTTAWA.CA

Costs sack road repair

Nine planned fixes cancelled, Wellington stalled

Ten Ottawa road projects have been cancelled or stalled because of high fuel and construction costs, and more may join the list in upcoming municipal budget negotiations.

The city had to cancel nine of 50 planned road projects this year due to rising costs, including busy thoroughfares such as Montreal and Richmond roads.

The one additional stalled project, Wellington Street West between Parkdale and Bayswater avenues, has left local businesses and taxpayers fuming, especially after they had to deal with Wellington's first phase of rebuilding from Western to Parkdale.

"We're having our feet cut off from under us," said Rachel Russo, a Hintonburg shirt-maker whose storefront borders the street.

"I've seen (my business) traffic cut in half because people were (being) re-routed somewhere else."
Rachel Russo, store owner

"I've seen (my business) traffic cut in half because people were (being) re-routed somewhere else. And now after that we're going to get the shaft."

The Wellington Street reconstruction project will be back on the list, but has to pass the final test of budget deliberations next week.

While the fate of the Wellington West reconstruction hangs in the balance, two other plans in nearby Westboro — Churchill and Tweedsmuir avenues — have already been scrapped, according to Kitchissippi councillor Christine Leadman.

Leadman said area residents feel blindsided since the city asked them to contribute to the planning process.

"They came to the table and they produced the effort that the city had asked," she said.

Wayne Newell, the city's infrastructure director, said: "What we have to do on an annual basis is estimate what we can do with available funding based on the latest construction prices." CTVOTTAWA.CA

City weathers the season's first snow

TIM WIECLAWSKI
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The season's first snowfall could have been worse, but it won't stick around long, in any case.

About 10 centimetres of snow fell on the city Tuesday night and yesterday.

But while its pre-Halloween appearance was unusual, it was not met by the kind of traffic and clean-up chaos that sometimes accompanies the first big snowfall in Ottawa.

By 9:30 a.m. yesterday, Ottawa police had reported 37 collisions related to the road conditions.

Ottawa police Const. J.P. Vincelette said that given the unseasonable snowfall, it was not as bad as it could have been.

"The snow started falling after the rush hour was done, so pretty well everybody was home in the evening, and this morning the roads weren't quite as bad as anticipated," he said yesterday.

On Tuesday night, the city deployed around 80 salt trucks, 40 sidewalk blowers and 250 staff to deal with the storm.

"It was a short-lived storm, but a good wake-up call that winter is on its way."
Dan O'Keefe

By noon yesterday, snow clearing was complete, except for issues with blowing snow and drifts on roads in rural areas of the city, said Dan O'Keefe, the city's roads maintenance manager.

"(Today) the temperatures are rising, and it should melt away. It was a short-lived storm, but a good wake-up call that winter is on its way," he said.

Shelter suspends adoptions of black cats until after Halloween

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Ottawa's animal shelter wants you to wait until after Halloween to cross paths with its black cats.

As Halloween approaches, the Ottawa Humane Society has been enforcing its annual policy to suspend adoption of black cats, said Tara Jackson, a spokeswoman for the shelter, who adds the policy is fairly common.

Superstitions linked to black cats can make them the target of pranks or abuse around Halloween, so "we're cautious about adopting out black cats on the spur of the moment or at the last minute this time of year," she said.

Although Jackson has heard of incidents happening at other shelters, the Ottawa shelter has not had a reported black cat incident in recent history.

The adoption rule isn't absolute, she said. "If someone's had (his or her) eye on a cat for a while and the adoption was pending, it's not like it wouldn't happen."

For people who already own a black cat, or any other animal, it's best to keep them indoors on Halloween, Jackson said.

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Canada

Federal cabinet to be unveiled today

With stock markets on a roller-coaster ride and financial worries mounting, today's cabinet picks are meant to signal that the economy "will dominate the life of this government and this Parliament."

"It will be strongly focussed on the economy and it will be getting right to work in terms of implementing our overall agenda but especially with relation to the economic challenges facing our country," a government official told reporters in a briefing yesterday.

"Expect to see very strong experienced ministers in files with a direct relationship to the economy," he said.

That's why both Flaherty and Industry Minister Jim Prentice will keep their portfolios to send a signal of stability and confidence to Canadians and the markets.

Harper's new cabinet will be unveiled at 10.30 a.m. today when the ministers old and new are sworn in during a ceremony at Rideau Hall.

TORSTAR NEWS SERVICE

Expected cabinet moves

According to Parliament Hill sources

- Jason Kenney, the Calgary MP who has successfully coordinated the Tory outreach to ethnic communities, will get the immigration portfolio.
- Transport Minister Lawrence Cannon will move to foreign affairs.
- Diane Ablonczy to Health, a big promotion for the Alberta MP.
- Health Minister Tony Clement to international trade.
- Peter MacKay staying put as Defence Minister
- Jay Hill, currently the government whip, takes over as House Leader.

Check metronews.ca/canada after the official announcement this morning for all the details on the new cabinet.

Groups work to get residential schools probe restarted

INQUIRY Indian, Inuit and church lawyers yesterday presented a joint proposal to Ottawa to restart the stalled commission on abuses at residential schools, according to one of the participants.

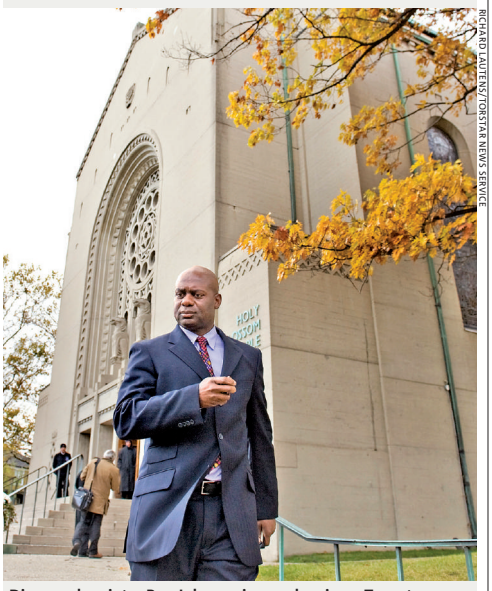
John Phillips, lawyer for the Assembly of First Nations, said parties will meet again next week to resolve the future of the troubled Indian Residential Schools Truth and Reconciliation Commission.

At stake is the work of the commission, set up as part of a $1.9 billion class-action settlement addressing the mental and physical abuse of hundreds of thousands of aboriginal children that occurred for more than a century at church-run institutions in Canada.

The commission was thrown into disarray last week when chair Harry LaForme resigned.

TORSTAR NEWS SERVICE

Toronto **Judge's funeral**



RICHARD LAUTENS/TORSTAR NEWS SERVICE

Disgraced sprinter Ben Johnson is seen leaving a Toronto synagogue following a funeral service yesterday for Charles Dubin. who was the judge in charge of the Dubin inquiry into drugs and sports after Ben Johnson's doping ban.

News in brief

EDMONTON A man died after he was Tasered twice by Edmonton police after a rampage at a pawnshop. Police say the man, believed to be in his 30s, was smashing windows and threatening people when cops arrived. Police took the man to hospital, where he died.

QUEBEC The province's opposition parties are joining forces in an effort to avoid a possible provincial election in December, CBC News Online reports. The parties presented and passed a non-binding motion yesterday calling on Premier Jean Charest not to call an election.

PENSIONS Canada is reviewing options to adjust pension funding obligations, after falling stock and bond prices have driven down asset values in corporate pension plans and prompted some plan sponsors to seek relief from funding rules.

METRO NEWS SERVICES

La Cache by April Cornell

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Sarkozy voodoo doll ban rejected
A French court yesterday rejected President Nicolas Sarkozy's demand for a ban on a Sarkozy doll and voodoo manual that encourages readers to stick pins in it. REUTERS

World/Business

McCain keys on Obama's readiness

ELECTION Republican John McCain questioned Democratic rival Barack Obama's readiness for the White House as a bruising presidential campaign hit the final stretch.

McCain kicked off a tour of the must-win state of Florida by warning Obama would be bad news for small businesses and workers, and by casting doubt on the Illinois senator's judgment and ability to handle a security crisis.

"The question is whether this is a man who has what it takes to protect America from Osama bin Laden, al Qaeda, and other grave threats in the world," McCain said.

Pakistan quake kills 175 people

DISASTER About 175 people died when a powerful earthquake hit the southwestern Pakistani province of Baluchistan yesterday, flattening about 1,500 mud-walled homes and triggering landslides, officials said.

The U.S. Geological Survey said the 6.4-magnitude quake struck 60 km northeast of the provincial capital, Quetta.

REUTERS

News in brief

MURDER Two Roman Catholic priests were murdered in the apartment where they lived in an upmarket district of Moscow, investigators said yesterday.

REUTERS

Obama infomercial an expensive gambit

Barack Obama, in an audacious bid to swamp rival John McCain in the final days of the U.S. presidential election, spoke directly to voters last night in a slickly-produced 30-minute infomercial aired in prime time on seven networks.

REUTERS/HANDOUT

Barack Obama appeared in a 30-minute infomercial-style address on U.S. TV yesterday.

The Democratic candidate spent about $4 million for the broadcast, the first such gambit by a presidential hopeful in 16 years.

He mixed biography with personal stories from hard-pressed American voters — most from battleground states — and testimonials from governors, senate colleagues and a military official.

Policy proposals were pitched from an office that looked like it could have been the Oval Office, a risky move for a candidate once accused of usurping the presidential seal as a campaign emblem.

As the video ended, viewers were transported to a live speech Obama was delivering in Kissimmee, Fla.

For all the polished production values, last night's broadcast renewed talk of Obama Overload and played to McCain's charges that the Illinois senator was already "measuring the drapes" in the Oval Office and had a penchant for presumptuous, flamboyant gestures that will alienate American voters.

The advertisement ran on Fox, CBS, NBC, and cable network MSNBC, as well as TV One, a network targeting African Americans, Black Entertainment Television, and Spanish-language channel Univision.

TORSTAR NEWS SERVICE

Champion India's Anand defends chess title

WOLFGANG RATTAY/REUTERS

Chess World Champion Viswanathan Anand of India, right, is seen through his winner's trophy during a news conference at the Chess World Championships in Bonn, Germany yesterday. Anand retained his title with 6.5-4.5 points over his challenger Vladimir Kramnik of Russia, left.

Business

Maple Leaf sales fall by 50 per cent

Canada's largest food processing company says sales of sliced meats fell by as much as 50 per cent in the immediate aftermath of a nationwide product recall linked to the deadly listeria bacterium.

Maple Leaf Foods Inc. said the cost of the recall pushed the company into a financial loss for the quarter ending Sept. 30.

Up to 20 people died from the same strain of bacteria found in a Maple Leaf processing plant in Toronto.

Maple Leaf yesterday reported its fourth consecutive quarterly loss, of $12.9 million, or 10 cents per share. That compared with a year-earlier profit of $220.4 million, or $1.67 per share. The 2007 profit included a $218.7 million gain on discontinued operations.

Sales edged up to $1.34 billion, from $1.30 billion a year ago, but operating profit fell $14 million due to lost sales and higher supply chain costs.

TORSTAR NEWS SERVICE

In brief

AUTO General Motors Corp and Cerberus Capital Management have resolved the major issues in a proposed GM-Chrysler merger, but the final form of any deal would depend on the financing and government support available, sources familiar with the talks said yesterday. REUTERS

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Comment & Views

Comment

Assumptions put to the test

Former U.S. ambassador warns Obama win would be a danger to Canada

Home&Abroad

Andrew Cohen

Canada & world insight

Paul Cellucci, the former United States ambassador to Canada, warns that a victory by Barack Obama next week would be a "danger" for Canada because he might renegotiate the North American Free Trade Agreement.

Cellucci worries that, should Obama win the presidency and the Democrats strengthen their hold on both houses of Congress, there would be a "one-party government" in Washington. With that would come pressure from unionists and environmentalists to re-open the agreement.

Of course, it's nowhere near certain Obama would question free trade. And it's curious that a one-party government didn't bother Cellucci, an amiable Republican, when his party was in control of both the executive and legislative branches in 2004.

But he's right to argue that Obama as president represents a danger to Canadians — even if it is more psychological than economic.

Fundamentally, Obama threatens our self-image. His election will challenge the smugness and moral superiority with which we have long viewed the United States.

It will dispel home truths and force us to look at ourselves in a different light, undermining our deep-seated notion that we are the kinder, gentler people of North America — more tolerant, more progressive, more civic-minded.

Tolerant? In Fire and Ice, his best-selling study on attitudes on both sides of the border, pollster Michael Adams argues that Canadians are more sensitive to minorities than Americans because we are "a mosaic" and they are "a melting pot," demanding conformity from all newcomers.

"Fundamentally, Obama threatens our self-image. His election will challenge the smugness and moral superiority with which we have long viewed the United States."

This isn't true of the United States. It is a delusion that will evaporate if Americans elect their first black president.

Progressive? Barack Obama will come to office as the most liberal chief executive since Lyndon Johnson. Obama wants to introduce universal health care. If that happens — and the country's crushing debt may prevent it — Canadians will lose one of their advantages over people they love to trumpet. Moreover, we will no longer corner the market on compassion.

Democratic? It won't be pretty to watch the antiquated American electoral machinery on election day. But if it breaks down, the likely reason is that a higher percentage of Americans will be voting this year than in any election since 1960.

Expect more than 59 per cent of Americans to cast ballots on Nov. 4, the record-low number of people who voted here. This will put the lie to our boast that we are more engaged in politics than they are.

Cellucci was right about Obama. He is a threat to many of the self-satisfying assumptions that we have long had about ourselves, and about our neighbours.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.

MICHAEL DE ADDER

Letters

Lena Shulman, VAUGHAN, ONT.

I am a University of Toronto student and I read Rick McGinnis's articles every day. Your writing is very engaging. I, too, am a huge fan of Mad Men and I was touched by your sentimental connection to the show. After reading that article, I literally had to take a time out.

As an aspiring journalist, it is very hard to find a writer who genuinely moves you, especially when reviewing a television show.

Views

'Feel the fear and do it anyway'

By Denise Rudnicki

I was 20 years old the last time I went by land across Canada. I remember how exciting it was to feel so free, yet also how very ordinary what I was doing seemed to me.

My young life was ahead and it was supposed to be about adventure and anticipation. There was no fear; no worry about the future. I was hungry for change and new experiences. I wanted to take my place — centre stage.

Rekindled love with the boy I knew 35 years ago is propelling me West again — only this time it's like stepping off a cliff. This time, fear is the leading actor in my play. I sold my house and everything in it. I'm leaving family and friends, driving to B.C. to live on a boat, and all without the security of a job. I'm so far out of my comfort zone that I barely recognize who or where I am.

For months before the move I woke every night, awash in waves of cold anxiety. No one I knew was doing anything like this. They were paying off their mortgages, working in pensionable jobs, saving, looking forward to retirement and travel and grandchildren. I was stepping into the abyss, and with bad knees to boot. I was afraid I was making a mistake. I was afraid it wouldn't work out. I was afraid I would hate living on a boat. I was afraid I wouldn't find work. I was afraid I couldn't invent a new life at my age.

Denise Rudnicki

But love is a powerful motivator and I know it won't get any easier to do this. There isn't going to be a better time. I want a different sort of life and I know this means I have to take risks. Will I be willing to take these risks if I wait until I'm 60 or 65? Surely, making this kind of seismic change will only get more difficult.

I feel a potent mixture of excitement and fear. Fear is a funny thing. It can ring very helpful alarm bells in your gut that can save your life, but it can also paralyze you and stop you from trying new things. My sister gave me some good advice — "Feel the fear and do it anyway."

Feeling this afraid and doing it anyway is the greatest test I've ever faced.

The last time I drove across Canada, my life was all ahead of me. Not as much of it lies ahead this time. But it's a much greater adventure as a result of what came at the end:

He took the mooring line and pulled the boat closer to the dock. Clutching a pint of oysters, a bottle of champagne and two hot water bottles, I stepped onto the boat and into a new and uncertain life. Afraid, but doing it anyway.

Denise Rudnicki has more than two decades of experience as a journalist and communications executive.

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Sports

Deadline moved back

NHL general managers will have one extra day to make trades this season. The league officially announced yesterday that it had pushed the trade deadline back to March 4. It had originally been scheduled for March 3, but a high volume of games forced the switch.

METRO NEWS SERVICES

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Philadelphia finishes it

WORLD SERIES – GAME 5

Rays 3 **Phillies** 4

RAYS vs Phillies

PHILLIES WIN SERIES 4-1

It took two extra nights, but the Phillies have finally put an end to Philadelphia's 25-year major sports title drought.

Eric Bruntlett scored on a Pedro Feliz single in the seventh inning and the Phillies beat Tampa Bay, 4-3, in Game 5 of the World Series, wrapping up the franchise's second title in history. Rocco Baldelli's homer tied the game in the top of the seventh, but the Rays couldn't go ahead as Chase Utley threw out Jason Bartlett at the plate to end the frame.

The Phillies then went in front in the bottom half of a game that had been halted by rain while tied, 2-2, Monday after 5-1/2 innings. Wintry conditions forced a postponement for an extra day, but under cold, windy conditions yesterday, the Phillies warmed up their fans quickly and sent the City of Brotherly Love into pandemonium. The 4-1 series victory gave Philadelphia its first championship of any kind since 1983, when the 76ers beat the Los Angeles Lakers for the NBA title. The Phillies' other World Series championship came in 1980. Brad Lidge, who didn't blow a save the entire year, locked down the win in the ninth.

MIKE SEGAR/REUTERS

The Phillies storm the field after winning their first World Series title since 1980.

METRO NEWS SERVICES

Legault finds himself in middle of brouhaha

TheHockeyNews
Ken Campbell
thehockeynews.com

Some media relations guys in the NHL get accused of protecting their players, but Phil Legault of the Ottawa Senators took that to a new level Monday night in Buffalo.

In the dying minutes of the Senators' 5-2 win over the Buffalo Sabres, Legault found himself between a very angry Adam Mair of the Sabres and Jarkko Ruutu of the Senators. Mair, who was on the warpath looking for Senators shift disturber Chris Neil, grabbed Ruutu by the shirt before Legault stepped between them.

"Mair reaches over and grabs Ruutu by the chest, so by that time he has dropped his gloves and his stick," Legault said. "So I stood between them and did the old spread-eagle and spread my arms to keep them apart. And nothing else developed. (Mair) let go and he stopped."

But certainly not before a few tense moments. The incident, which earned Mair a $2,500 suspension from the NHL, started on the ice when he and Neil were given 10-minute misconducts at the 18:12 mark of the third period. Ruutu, who was assessed a two-minute minor for roughing, was already cooling his heels in the dressing room, but Neil was still on the Senators bench when Mair came looking for him.

Legault, one of the best media relations men in the league, claimed he was not afraid at any point during the confrontation because he had faith that the players would have come to their senses at some point. But, hey, we're talking about hockey players here.

And it's not as though Legault would have been able to trade punches with Mair. A former undersized defenceman, Legault played a handful of games with the Ottawa Jr. Senators in the Central Junior League and was once a member of the South Ottawa Jr. B Canadiens, but rarely ever got involved in fisticuffs.

"I was 150 pounds soakin' wet," Legault said. "One time I got into it with a guy in front of our net, and we're skating up ice and he just wallops me and I dropped. I had a glass jaw and my knees buckled and I fell, but I got right back up."

He decided to stay in the game playing a much safer role, or so he thought. Standing between two angry NHLers isn't exactly in his job description.

"I guess not," Legault said, "but we do a little of everything."

The Hockey News
thn.com

Bosh, O'Neal open season on high note in Philly

NBA RESULT

Raptors 95 **76ers** 84

Raptors vs 76ers

NBA Chris Bosh scored 27 points and grabbed 11 rebounds, and the Toronto Raptors posted a 95-84 defeat of the Philadelphia 76ers in both teams' season-opener, spoiling Elton Brand's debut for his new team. The Raptors own new big man, power forward Jermaine O'Neal, was the second-leading scorer with 17 for Toronto. Jose Calderon added 13 points and seven assists for the Raptors, while Jason Kapono shot 6-for-8 — including 3-of-4 from three-point range — for 15 points, as the team shot 10-for-16 from outside the arc and 44.4 per cent overall for the contest.

Brand scored 14 points and hauled in 13 rebounds in his 76ers debut, and Andre Iguodala put up 15 points in a losing effort. Samuel Dalembert grabbed a game-high 17 rebounds in addition to his nine points for Philadelphia. The Raptors took their first lead of the game four minutes into the second, going up 28-26 on a open layup by Roko Ukic.

Chris Bosh drives for two of his 27 points last night.

Bosh scored 15 in the half for Toronto, as the team took a 47-38 lead after O'Neal's three-point play with just under three minutes left. Bosh and O'Neal each contributed six in the third, and Calderon assisted on four of the baskets, as Toronto led 74-65 going into the fourth. The 76ers closed the gap to six early in the quarter, but Calderon hit a three-pointer and Kapono made a 17-footer to open up a nine-point lead for Toronto with 8:26 to play.

METRO NEWS SERVICES

Tech-savvy brains
A neuroscientist at UCLA in California who specializes in brain function has found through studies that Internet searching and text messaging has made brains more adept at filtering information and making snap decisions. REUTERS

Tech Now

Social net

Heavy Internet use does not stop users from socializing with people — just like anyone else who may or may not use the Internet.
PEW INTERNET PROJECT

The family that techs together ...

The Pew Internet and American Life Project turns out a steady stream of studies on how North Americans are using technology. The latest report is based on a survey of more than 2,000 adults and it found that the traditional nuclear family is by far the biggest cell phone- and Internet-user group.

In fact, they are using these devices more than single adults or couples without children. The stats indicate that 89 per cent of married-with-children households own multiple cell phones, and nearly half own three or more mobile devices. Of this same group, 66 per cent have a high-speed broadband Internet connection at home, while 58 per cent have at least two home computers.

On all counts, these numbers put them above other groups of users.

So what are we doing with the technology? Well, it seems the family that techs together, stays together.

"Some analysts have worried that new technologies hurt family togetherness, but we see that technology allows for new kinds of connectedness built around cell phones and the Internet," noted Tracy Kennedy of the Pew Institute, who put together the survey.

For example, 70 per cent of couples talk on their cells at least once a day to say hello or keep up to date on family affairs. And 43 per cent of parents talk to their children at least once a day on the cell to keep in touch.

Kennedy also said, "We were surprised to see that lots of families treat the Internet as a place for shared experiences. They don't just withdraw from the family to their own computer for private screen time. They pretty regularly say, 'Hey, look at this.'"

Most parents say there's much upside and little downside to the way new technologies affect them.

The Pew Internet and American Life Project has found that families use the Internet as a place to have shared experiences.

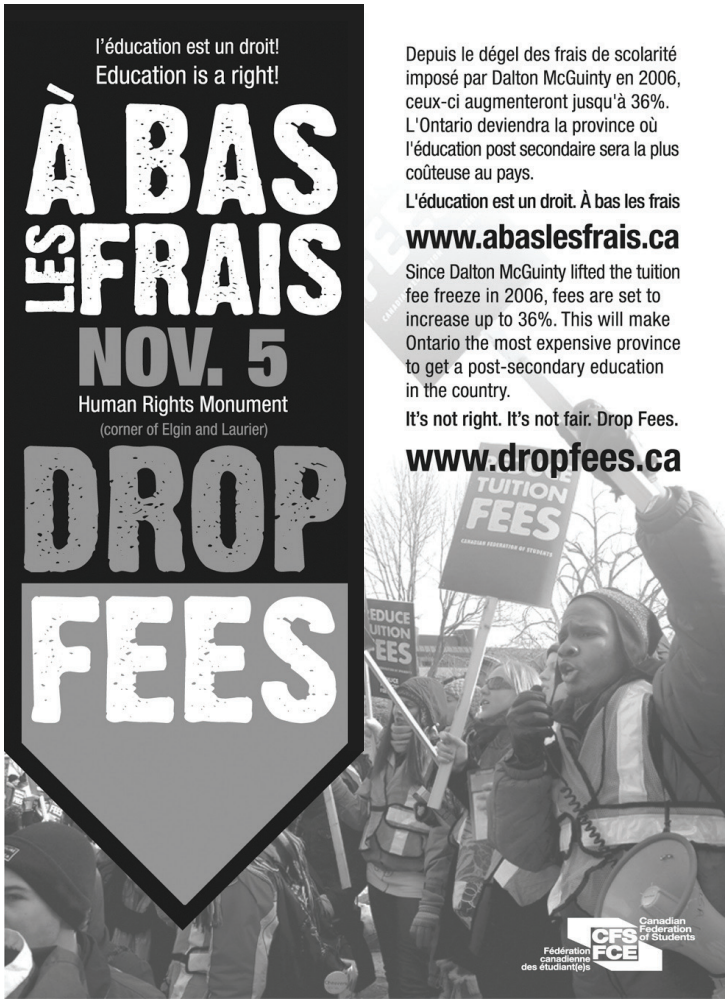
And a quarter of parents feel their current family is closer than the family they grew up in. The majority, however (60 per cent), say technology has made no difference in the closeness of the family unit.

Prof. Barry Wellman of the University of Toronto, who was a study author, said, "Family members are neither isolated individuals nor traditional actors in Fun With Dick and Jane homes. Rather, their households are active sites of the interplay of individual activity and family togetherness."

PAUL'S WEBSITE OF THE WEEK
Littlebigplanet.com and mediamolecule.com. This week marked the release of the new virtual world game, LittleBigPlanet. Here is the home site and the site of the company that created the PS3 game.

This Sunday, one of the stories on TECH NOW will be a look at work on a robotic eye for humans.

Be sure to watch Tech Now this Sunday as part of the CTV NEWS at 6 p.m.



Metro Homes

Kitchen style

Ikea's 2009 Kitchens catalogue is out, and we're keen on some of the new products(i.e. sink organizers) and finishes (i.e. Rubrik glass doors in blue-grey); *ikea.ca/kitchens.* METRO NEWS SERVICES

Making a stylish splash at home

Padded and upholstered Wallhuggers are ideal for adding richness, interest

HomeScape

Every once in a while, you see a stylish and unique home decor product that really grabs your attention. For me, this product is what originator Connie Beland calls a wallhugger — an upholstered and padded panel with a hard back that attaches to the wall.

These panels can be mounted beside each other to create a rectangular headboard, or they can be mounted to fill part of a wall or a full wall. These plush and cushy-looking panels look absolutely smashing in a bedroom as a headboard, a larger board or even as a wall covering that serves as an elegant focal point. This is how they are most often used by her customers, says Beland.

A few customers have also asked for them in an entertainment centre like a den or a home theatre room, for example. Not only do they add a feeling of richness, these panels also provide some soundproofing.

Cambridge, Ont.-based Beland first came up with the idea of using wooden-backed upholstered panels as headboards when she was helping her daughter decorate her new condo. The headboad, needless to say, became a big hit. In fact, her daughter's friends started clamouring for their own, and their enthusiastic reaction gave Beland the confidence to launch her own company called — you guessed it — Wallhuggers (www.wallhuggers.ca).

Ultimately, wallhugger panels can be used in almost any room to add stylish interest to a wall. However, in areas where a lot of cleaning is required, like a bathroom or the backsplash area of the kitchen, choose a fabric that can be easily cleaned.

Usually, they are put up in a series of identical panels — three or four in a row to look like a headboard, or a series of two or three stacked rows, or even enough to fill a wall from floor to ceiling.

People don't often mix panel sizes or fabrics, says Beland, but a more adventurous design is possible, especially if the wallhugger panels cover the whole wall in, say, a checkerboard design, or vertical or horizontal stripes. Using squares of different sizes could also produce a pleasing random effect.

As for fabrics, the faux leathers and suedes remain as popular as ever and continue to look especially sharp in ultra-modern settings. But textural fabrics are getting big, says Beland. "Fabrics like chenille and other woven materials, I'm seeing it everywhere." Linens are getting popular as well; the nubby, natural-looking texture of linen fits beautifully in bedrooms with naturally based fibres, fabrics and finishes.

Beland says a more traditional look can be created by using panels with button tufting: Buttons in the middle such as that you'd find in some upholstered furniture.

Soothing neutral colours are often used for bedrooms, such as chocolate brown, cream and beige. But bright colours like fire-engine red or royal blue can look wonderfully vibrant, and they work really well in children's rooms.

On the web

- Beland does not have a retail location, since she sells mostly online. On her website (www.wallhuggers.ca), she has a selection of five different panel sizes and over 100 fabrics, and you can also choose your own fabric.
- Prices range from $75 to $250 per panel.

WALLHUGGERS

Wallhuggers, created by Connie Beland, are upholstered and padded panels with hard backs that attach to a wall to serve as elegant focal points in virtually any kind of room.

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Storage
Store whole squash in a cool, well-ventilated dry place. In ideal conditions, hard squashes can last two to three months. Once cut, wrap in plastic, store in fridge and use within a few days. METRO NEWS SERVICES

Food

"Choose squash that is heavy for its size. Look for hard squash; the skin should be dry and free of cracks or soft spots."
Barb Holland/for Metro Canada

Butternut
When it comes to butternut, the seeds are in the hollow bulb end, so pick one with a small bulb end and a thick neck.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

My gourd! It's squash season

With Halloween on our doorstep, gourds, pumpkins and squashes are at their peak of availability now and through the coming months.

Winter squashes come in an interesting and wide variety of sizes, shapes, colours, textures and flavours. They're also wonderfully versatile in a warming soup; served mashed or roasted; or puréed and used in baking (think pumpkin pie or muffins).

Roast Squash, Onion and Garlic Soup

Any squash can be used in this recipe; however, butternut is one of the easiest to peel and has a rich flavour and colour. Roasting the squash, onion and garlic brings out a caramelized sweetness. Serve with crusty whole-grain bread. Makes about 10 cups (2.5 L), 6 to 8 servings.

INGREDIENTS:

- 1 butternut squash (about 3 lbs/1.5 kg)
- 3 onions
- 1 bulb garlic
- 2 tbsp (30 mL) olive oil
- 1 tsp (5 mL) dried thyme leaves
- 1/2 tsp (2 mL) dried rosemary leaves, crumbled
- Pinch each coarse salt and pepper
- 5 cups (1.25 mL) vegetable or chicken broth

METHOD:

Preheat oven to 375 F (190 C). Peel and cut squash into 2-inch (5 cm) chunks. Peel and cut onions into wedges. Separate cloves of garlic, but do not peel. In large bowl, toss vegetables with oil, thyme, rosemary, salt and pepper. Spread on a large shallow roasting pan and roast 40 to 50 minutes, or until vegetables are tender, stirring occasionally.

When garlic is cool enough to handle, squeeze the softened cloves out of their skins. In batches, purée roasted vegetables with broth until smooth. Transfer to a saucepan, and heat until hot for serving. Season to taste with salt and pepper.

Butternut is a relatively easy squash to peel and has a rich flavour and colour.

Squash tips:

- Prep: Cutting some of the larger squashes can be a challenge. You can soften the skin by placing the whole squash in the microwave for a few minutes to make cutting a little easier. You can bake a whole squash, but it cooks faster when halved. Place cut side down in a baking dish with ½ inch (1 cm) water to keep it moist. Or pierce a squash in many places and cook it whole in the microwave until tender. Cut in half and remove seeds.
- Good for you: Squash are a very good source of vitamins A, C and B6, potassium, manganese, dietary fibre, riboflavin, folate, and magnesium.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Cocktail party instead?
For a Halloween cocktail party, serve hot soup in 2 oz. shot glasses and top with 1 tsp of cranberry sauce. METRO NEWS SERVICES

For your little monsters

To help satisfy the kids' needs for festive Halloween fare while keeping on top of good nutrition, Dairy Farmers of Canada offers spooky, spectacular Halloween recipes. Get more recipes featuring Canadian dairy products at dairygoodness.ca.

DAIRY FARMERS OF CANADA

Thick potato Canadian cheddar soup suspends the cranberries in the image of an eyeball.

Bloodshot Eyeball Soup
Canadian White Cheddar and Potato Soup with a Cranberry Swirl.

INGREDIENTS:
- 1 tbsp (15 mL) butter
- 1 clove garlic, minced
- 1 cup (250 mL) chopped onion
- ½ cup (125 mL) chopped celery
- 4 cups (1L) peeled and diced yellow-fleshed or oblong potatoes (about 3 large)
- 4 cups (1 L) reduced-sodium chicken stock
- 1-½ cups (375 mL) shredded Canadian old white cheddar cheese
- 1 cup (250 mL) low-fat sour cream (5% MF)
- 6 tbsp (90 mL) canned whole cranberry sauce

METHOD:
In large pot, melt butter over medium heat; cook garlic, onion and celery, stirring for 3 to 5 min or until onion is softened. Add potatoes and chicken stock; bring to boil over high heat. Reduce heat and simmer, stirring occasionally for about 10 to 15 min. or until potatoes are tender.

In a blender, in batches, or with an immersion blender, puree until smooth; return to pot, if necessary. (Make-ahead: Cover and refrigerate up to 2 days.) Stir in cheese and sour cream; heat over low heat until cheese melts.

Spoon 1 tbsp (15 mL) cranberry sauce in centre of each shallow bowl and ladle soup around cranberries, not covering so it appears as an eyeball. Serve immediately.

METRO NEWS SERVICES

On the web

For more spooky recipes:
- Green and Gooey Macaroni & Cheese and Breakfast Brain Pudding available at metronews.ca.

Choo launches first eyewear line

Luxury brand Jimmy Choo recently launched its first collection of stylish ophthalmic frames and sunglasses. The limited-edition collection will be available exclusively at high-end eyewear specialists across Canada. METRO NEWS SERVICES

Style

Makeup looks created for Halloween

Put your most creative face forward with a series of Halloween looks created exclusively by MAC Cosmetics artists using MAC makeup products. The top 10 looks, called MAC Fantasticals, can be seen at *maccosmetics.com* with instructions on what products are needed and how to apply them to achieve the look. Eighteen additional faces can be viewed on Facebook (*facebook.com*) by typing in "MAC Cosmetics." Contact your nearest MAC location to inquire about products or get more tips on applying these looks. METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Dressing for black tie, Bond-style

Emulating 007's fashion sense means sticking to convention

RUSSELL SMITH
for Metro Canada

First, let's get the terminology straight: Bond would never use the word tuxedo. That's an Americanism. He would say "dinner jacket." On an invitation — to an embassy, say, or a casino — it would say "black tie."

And what he means by this is very strict. Even in an age when celebrities interpret black tie to mean any variation on a black suit (long ties, white ties, black shirts, whatever), James Bond would stick to the letter of convention for formal wear. That means classic black, with a small bow-tie; a fitted single-breasted jacket with one or two buttons (no more!); peak lapels or shawl lapels (the rounded ones) with satin or ribbed silk facing; and one black ribbon down the outseam of each trouser leg. The trousers have no cuffs at the hem, nor do they have belt loops — they are held up by suspenders, or by an adjusting self-belt.

The shirt would be white piqué — that's the waffle texture, also known as marcella — with a regular turned-down collar. Pleated shirt fronts are falling out of fashion. Your shirt will have studs, nor buttons, and the studs will match your cufflinks (oh yes, you will have cufflinks). Your shoes — now listen closely, because this is crucial — your shoes must be plain, shiny, black lace-up Oxfords. James Bond himself probably owns a pair of extra-shiny patent leather shoes just for black tie, but you don't have to.

Should you own a dinner jacket? Of course you should. Renting is absurdly expensive, and the "formalwear" chains, which focus on weddings rather than on Bond-style dinner parties, tend to push you towards the garish. Start shopping for your tuxedo in January, when the big party season is over and formal wear goes on sale.

If you're not in a high income-bracket, you can skip the high-end retailers like Harry Rosen and Holt Renfrew. Since fashion doesn't influence this outfit much, a plain black dinner jacket from the Bay, or from your local conservative men's store, is perfectly acceptable — and can be found on sale for under $1,000. Designer names are not important in this field. An even cheaper option is to order one online from the Vancouver-based company Indochino (indochino.com).

• For more Bond coverage, see page 15.

Black tie pitfalls

- **DON'T** wear black tie with penny loafers or patterned brogues. Plain black lace-ups only.
- **DON'T** wear a wing collar, unless you are at some nostalgic '80s party.

RUSSELL SMITH/FOR METRO CANADA

TORSTAR FILE PHOTO

Pull off Bond's chic style with classic touches: Small bow tie, fitted single-breasted jacket with one or two buttons, white piqué shirt, cufflinks and peak or shawl lapels.

Men rated women wearing red as most sexually attractive in a recent study.

The woman in red drives the men crazy

STUDY If a woman wants to drive the men wild, she might want to dress in red.

Men rated a woman shown in photographs as more sexually attractive if she was wearing red clothing or if she was shown in an image framed by a red border rather than some other color, U.S. researchers said Tuesday.

The study led by psychology professor Andrew Elliot of the University of Rochester in Rochester, New York, seemed to confirm red as the color of romance — as so many Valentine's Day card makers and lipstick sellers have believed for years.

Although this "red alert" may be a product of human society associating red with love for eons, it also may arise from more primitive biological roots, Elliot said.

Noting the genetic similarity of humans to higher primates, he said scientists have shown that certain male primates are especially attracted to females of their species displaying red. For example, female baboons and chimpanzees show red coloring when nearing ovulation, sending a sexual signal that the males apparently find irresistible.

The study involved more than 100 men, mostly college undergraduates.

REUTERS

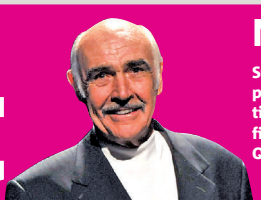
In brief

FILM A new Bollywood film takes a long hard look at India's fashion industry, putting the spotlight on its underbelly of drug abuse, depression and politics at a time when haute couture is making inroads into middle-class homes. Fashion, which opened in cinemas yesterday, comes close on the heels of three high-profile fashion expos in New Delhi and Mumbai, in a fortnight that has seen the country's media obsessed over post-show parties hosted by India's top designers. REUTERS

Moore honoured in France

Sir Roger Moore was awarded one of France's highest honours during a ceremony in Paris Tuesday. The former James Bond star was presented with the Order of Arts and Letters by French Culture Minister Christine Albanel. IMDB.COM

Entertainment



New Quest

Sir Sean Connery has reportedly come out of retirement to shoot a new film with Orlando Bloom, Quest of Sheherzade. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Live and let dress

Becoming Bond

Rick McGinnis
rick.mcginnis@metronews.ca

There are moments of great luxury in the life of a secret agent," Ian Fleming wrote at the start of Live and Let Die, his second James Bond novel. "There are assignments on which he is required to act the part of a very rich man; occasions when he takes refuge in good living to efface the memory of danger and the shadow of death…"

I'm clearly not taking refuge from danger or death's shadow, but my muscles are still aching from the session at the Krav Maga gym four days ago, so I'm looking at today's Becoming Bond assignment as my brush with that great luxury.

Jeff Farbstein, the executive VP and general merchandise manager at Harry Rosen, meets me at the Tom Ford boutique at the menswear giant's downtown headquarters before the shop opens.

The Bond franchise switched to Ford to clothe Daniel Craig's Bond with the latest film, Quantum of Solace, after a long relationship with Brioni, the Italian clothier dating back to Pierce Brosnan's Goldeneye.

Farbstein is very kind, describing to me how a good tailor will correct for things like my gut and poor posture by lengthening the back of suit jacket, raising the back of the neck and tightening up the collar. He opens a closet where they keep standard-size jackets for fittings and slips me into a two-button black suit jacket with a notched lapel. I look in the mirror to find that I'm 20 pounds lighter.

"He always looks like he's just got the suit out of the dry cleaners," Farbstein says of Sean Connery's Bond, the unsurpassed prototype.

"Whether he's standing or sitting, he's always fresh — everything always seems perfect." He shows me a beautiful three-piece light glen plaid suit that echoes the one Connery wears for most of the last half of Goldfinger; it's a fine example of what Ford is trying to do with his bespoke line, and it costs $6,000.

Jeff says that someone like Bond would need at least five good suits, a couple of tuxes, two or three shirts for each, and a closet full of shoes and casual wear. I try doing the tally in my head, and it doesn't sound like something you could afford on a civil servant's salary.

Upstairs, Nello Sansone, Harry Rosen's master tailor, describes to me how he's cut suits for police officers, subtly adding room to the chest and armhole to accommodate the shoulder holster and gun, a process not dissimilar from designing a suit for a man with a thick wallet.

TONY ATTANASIO PHOTO

Nello Sansone, master tailor for Harry Rosen, makes alterations on a Canali tuxedo worn by Metro writer Rick McGinnis at a fitting at the Harry Rosen store in downtown Toronto.

He slips me into a very Bond-like Canali tuxedo for a fitting — the sort of thing Bond would wear to a casino or embassy reception. Once again, the 20 pounds have miraculously disappeared. The tux costs $2,000, and the added shirt, tie, shoes, pocket square and other accessories bring it up close to three grand, but I'm looking at myself in the mirror, slimmer, straighter, taller, and I'm already making excuses to justify the expense, even if I'm reduced to wearing it to parent-teacher interviews.

MORE ON BOND STYLE, PG. 13

Funnyman cries like a baby

Funnyman Mike Myers realized the power of his infamous impersonations after a recent performance for sick children at the Rusk Institute in the Bronx, N.Y., left him "crying like a baby." IMDB.COM

Dance advice from the Prince disciple

JIM REYNO
for Metro Canada

Melissa Williams' expert advice to aspiring dancers is clear: Don't limit yourself. And don't be afraid of Prince.

The renowned dancer/choreographer is creating the opening number for So You Think You Can Dance Canada's results broadcast tonight. And as someone whose diverse resume includes collaborations with George Michael and Bryan Adams — as well as Prince — Williams wants contestants to know there's lots of work out there.

"I really want them to see that there's an alternative to the more commercial pop-type music," said Williams, who has worked on the films Hairspray, Showgirls and the American Pie series. "Most of the time, that's what we see dance associated with. So if I could leave them with anything, it's that movement can go alongside anything — rock 'n' roll, orchestral music, pop …

Williams

"I hope I can leave them with a different sense of rhythm and what they can commercialize as a dancer, and who they can work for as artists."

And who knows where it will take them? It took Williams from her native Amherstburg, Ont., to Los Angeles, where she was hired as a dancer in Prince's cabaret Erotic City at his Glam Slam nightclub.

"I went from working with him as a dancer for about four or five years, to then choreographing for him and his New Power Generation dance company. For an artist like him who usually does laundry every five years with all his musicians, all his dancers — even down to the personnel in administrative that work at Paisley Park — I was lucky enough to hang on for almost a decade with him."

Not quite kicking butt

Album Reviews

music@metronews.ca

Pink

Album: Funhouse
Label: Sony BMG
Rating: ⊕⊕⊕

WE'VE ALWAYS BEEN able to rely on Pink to keep the rest of the corporate pop stars honest. She turned both barrels on them with Stupid Girls. Now she does the same thing to herself with So What, the lead single off Funhouse. The marriage breakup with Carey Hart seems to have left her … vulnerable. It works surprisingly well on I Don't Believe You (which is believable), but fails on Please Don't Leave Me (which isn't). The feisty in-your-face Pink returns on Bad Influence and the title track, Funhouse. But there's just not enough of that old attitude. Come on, Pink, get over it. Time to kick some butt out there.

Graham Rockingham/for Metro Canada

Pink's new album, Funhouse, is now available in stores.

Bloc Party

Album: Intimacy
Label: Atlantic/Warner
Rating: ⊕⊕⊕½

BLOC PARTY SHOWS a lot of range on its third album, Intimacy. In the case of vocalist Kele Okereke, sometimes a little too much range. With a thick British accent (almost unbelievably thick in some spots), Okereke can sound like a whinier Andy Partridge of XTC. But when he stays mid-range and doesn't sound like he's putting on, Okereke delivers heartfelt, intimate vocals. Okereke, and the entire band for that matter, thrive on the ballads and darker songs (and there are a lot of those). Don't be fooled by the raucous kickoff track Ares: Intimacy is a personal, introspective album.

Jim Reyno/for Metro Canada

Eva Avila

Album: Give Me the Music
Label: Sony BMG
Rating: ⊕⊕⊕

OUR CUTE LITTLE Canadian Idol (2006) has turned into a steamy dance-club seductress. Well, that's what it looks like on the cover. Yeah, they've made her look like all the other pop stars they're pushing. And guess what? She sounds like them too. I dare anyone to pick this voice out of a lineup. But it's not easy to scratch out a personality for yourself when you've got a veritable army of songwriters trying to do it for you. Check out the lyrics on Damned. I count at least a dozen cliches in there fighting each other for space. There's talent here. Let it breathe.

Graham Rockingham/for Metro Canada

John Legend

Album: Evolver
Label: Columbia/Sony BMG
Rating: ⊕⊕

IT'S CLEAR WHEN you hear Evolver — John Legend's latest — that the neo-soul pianist is trying to, well, evolve. But while this record is a departure from Legend's previous efforts, it's more of a step back than a leap forward. The crooner's third full-length release is filled with more upbeat R&B synth tracks and guitar riffs, which could have been interesting if only they weren't so bland. There's barely an infectious chorus here, and cliché lyrics about his ex on This Time will make you long for the usually thoughtful singer's back catalogue.

Bryan Borzykowski/for Metro Canada

Read CD reviews of Lordi, Snow Patrol, Kaiser Chiefs and Kenny Chesney at metronews.ca/music

Melrose remake in the works

TV Melrose Place is back on the map at the CW, which is riding high with a remake of Beverly Hills, 90210, the show that begat the 1990s soap.

The plot of the Melrose Place remake is still murky. The search is under way for a writer to pen the project.

Just like with the CW's new 90210, Darren Star, creator of both Beverly Hills, 90210 and Melrose Place, isn't expected to be involved. REUTERS

In brief

COURTS A Maryland man was sentenced to 21 months in federal prison on Tuesday after he admitted to recording two films in a Washington, D.C., theatre, 28 Weeks Later and Enchanted. Michael Logan, 31, could be responsible for illegally recording more than 100 films in five states and the District of Columbia, the Motion Picture Association of America said. REUTERS

Olsen credits business-savvy parents for success
Actress Ashley Olsen credits her business-savvy parents for grooming her and sister Mary-Kate into media moguls — because they let them sneak into meetings at a young age. IMDB.COM

Hollywood trashes import flops

IntelleVision

Rick McGinnis
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FOREIGN AFFAIRS As the writers' strike dragged on over the course of last winter, the networks made a big deal out of looking abroad for ideas for the fall season, citing examples such as NBC's adaptation of The Office as proof that a good story was a good story, even if they had to change "chips" to "french fries" and delete jokes about the Queen's husband's racist gaffes.

That hasn't worked out so well, according to a story in the Hollywood Reporter. With the cancellation of The Ex List by CBS, it looks like other underperforming foreign imports might be following this transplant of an Israeli comedy-drama into the dustbin of history.

Eleventh Hour and Life On Mars have been middling while airing against each other on Thursday night, and CBS' Worst Week has been losing 40 per cent of the viewers it inherits from Two and a Half Men on Monday.

CTV PHOTO

Flashpoint may be a midseason replacement on CBS.

Advance word on NBC's Kath & Kim was never good, and the show has become Thursday night's sucking chest wound. The Reporter notes that it's already been cancelled in Australia, though it was never likely to take off in the country where the original was such a big success.

There's a hint of optimism in slow but notable improvements in Eleventh Hour's ratings and good reviews for Worst Week and Life On Mars. CTV's Flashpoint even gets a pat on the head for its brief summer slot on CBS, and a likely return as a midseason replacement.

All is not lost for the lawyers who were looking forward to more business negotiating acquisitions of foreign rights, but the prime-time transplants are still regarded as wan and sickly even next to this season's very qualified successes — shows like Fringe, The Mentalist, 90210 and Knight Rider.

There are still a lot of immigrants waiting to be released from the Ellis Island of network production, though, including shows from Australia, France and Argentina, and the utterly unnecessary Americanization of Absolutely Fabulous. Hollywood thinks with its belly, though, not its head, and this season's failures are likely to jinx further transplants.

"Hollywood is a pretty reactionary town," one unnamed network executive told the Reporter. Indeed — with a few more foreign flops kicking this dismal season in the shins, they might even consider having the cast of The Simpsons dub the actors' voices in Flashpoint, anxious that the Canadian diction might alienate U.S. audiences.

Rick McGinnis writes about music, movies, books and television, but not opera.

Downey Jr., director join Avengers

MOVIES Iron Man duo Robert Downey Jr. and director Jon Favreau will reunite for The Avengers, Marvel Studios' film about its team of superheroes.

Downey Jr.

Don Cheadle, whose deal to replace Terrence Howard in the Iron Man movies has been finalized, also has signed to perform in the action movie. It is set for release in 2011.

Downey has signed a four-picture deal with Marvel Studios, which will see him reprise the character of Tony Stark not only for Iron Man 2 and Iron Man 3, but also for the Avengers movie.

Marvel's slate is designed to introduce superhero characters via individual movies that lead up to the characters teaming up for The Avengers. The roster of superheroes includes Iron Man, Captain America, the Hulk, Wasp, Giant Man, Hawkeye and Thor. REUTERS

In brief

MOVIES The true story of international drug dealer and U.K. spy Howard Marks is aiming to give moviegoers a buzz. Rhys Ifans, Chloe Sevigny and David Thewlis are in final negotiations to star in Mr. Nice, writer-director Bernard Rose's adaptation of Marks' 2002 best-selling autobiography. Ifans will play Britain's one-time most wanted man, a late-'60s-era Oxford grad and teacher who turned to drug smuggling out of boredom and to impress his future wife Judy (Sevigny). While enlisting the help of an Irish Republican Army boss (Thewlis) for a hashish job, he was recruited by a British intelligence officer for a loose network of informants.

MOVIES After a summer of superheroes, will super-baddies now get their due? Universal has paid mid-six-figures for the movie rights to the graphic novel series Villains. The plot, told from the baddies' perspective, follows a young man who is failing at life and finds purpose when he meets a Svengali-style villain who takes him under his wing. The graphic novel, by Adam Cogan and Ryan Cody, comes from Viper Comics.

REUTERS

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/30/08	265	353	2	TVO	Mighty Movers		The Agenda With Steve Paikin		London Hospital (N)		Masterworks (N)		Agenda-Paikin
primetime	211	331	3	GTV	ET Canada	Entertainment	Survivor: Gabon (N)		The Office (N)	Billable Hours	(10:01) Life on Mars		News (N)
	-	-	5	SRC	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		Grosse vie	C.A. (SC)	Le Téléjournal (SC)		La Zone
	209	342	6	CHRO	Robson Arms	TMZ (N)	Hole in the Wall (HDTV)		America's Next Top Model		(10:01) Eleventh Hour		News (N)
	196	311	7	CTV	etalk	Dance	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		ER "Haunted" (HDTV) (N)		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock	ER "Haunted" (HDTV) (N)		News (N)
	117	713	10	TVA	La Fièvre de la danse (SC)		Occupation double			Vlog (SC)	TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Grande fille	Loft Story	*Le Cercle 2* ★★ (2005, Horreur) Naomi Watts. (SC)				Cent dix pour cent (SC)		Loft Story
	137	763	12	TFO	Panorama		Météo	Aventures	*Mouchette* ★★★ (1967, Drame) Nadine Nortier, Jean Vimenet.				Volt
	-	362	13	CBS	Dr. Phil (HDTV) (N)		Survivor: Gabon (N)		CSI: Crime Scene Invstgtn.		(10:01) Eleventh Hour		Two/Half Men
	216	395	14	OMN2	Cold Case "Daniela"		News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Ugly Betty "Ugly Berry"		30 Rock	30 Rock	Friends	Friends	News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*The Hills Have Eyes* ★★ (2006, Horror) Aaron Stanford.				News (N)
	-	361	20	ABC	News (N)	Entertainment	Ugly Betty "Ugly Berry"		Grey's Anatomy (N)		(10:01) Life on Mars		News (N)
	512	396	24	CPAC	(4) Dossier public		À la une					Tête-à-tête	Dossier public
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	MLB Baseball World Series Game 7 -- Philadelphia Phillies at Tampa Bay Rays.						MLB Postgame
	-	-	64	PBS	Business Rpt.	Whiz Quiz	Yes, Minister	Time Goes By	Monarch of the Glen		Ruth Rendell Mysteries		Tavis Smiley
news	205	312	104	CTV	etalk	Dance	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		ER "Haunted" (HDTV) (N)		News (N)
	502	390	26	NW	CBC News	Newman	The Hour Ray Zahab.		CBC News: The National		The Nature of Things		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Sportsnet Con.	MLB Pregame	MLB Baseball World Series Game 7 -- Philadelphia Phillies at Tampa Bay Rays. (Live)						
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct sur l'économie		Le Téléjournal
	400	280	30	TSN	That's Hockey!	CFL Football Saskatchewan Roughriders at Toronto Argonauts. (HDTV) (Live)						SportsCentre	
	410	403	52	SCR	Score on NFL	College Football South Florida at Cincinnati. (Live)						Score Tonight	Score Tonight
cable variety	411	457	56	OLN	Ed's Up	Videos	Commando: On the Front Line		Survivorman		Pilot Guides Specials		Pilot Guides
	417	406	59	SC	Pinks (HDTV)	Pass Time	Pinks -- All Out		Pinks -- All Out (HDTV)		Wrecked (N)	Wrecked	Pinks
family	554	544	48	TEL	Planet Sketch	Ghosts-Scooby	Ghosts-Scooby	6teen	Total Drama	Futurama	The Critic	Robot Chicken	Code Monkeys
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Charlie Brown	Garfield	Sabrina-Witch	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	570	580	29	MM	mmmtop	Back In	Madonna: The Confessions Tour -- Live From London				I Want to Work for Diddy		Party of Five
	615	520	31	A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Jacked: Theft	Jacked: Theft	Crime 360
	628	584	32	SPKE	CSI: NY "Obsession"		CSI: NY (HDTV)		TNA iMPACT! (HDTV) (N)				MANswers
	521	560	34	TLC	LA Ink Mötley Crüe.		Overhaulin' (HDTV)		American Chopper (N)		LA Ink "Cover Girl" (N)		Amer. Chopper
	145	761	35	TV5	Toute une histoire		Club social		Envoyé spécial			Cité guide	Journal TV5
	616	521	39	SHO	Painkiller Jane		ReGenesis (HDTV)		Trailer Park	Trailer Park	Saving Grace (HDTV)		House
	620	523	40	BVO	Desperate Housewives		Camera	In the Mind ...	*Naked Lunch* ★★★ (1991, Science Fiction) Peter Weller.				Law & Order
	520	505	42	DIS	Daily Planet (N)		Investigation X		True Stories-Amityville		MythBusters		Daily Planet
	575	583	43	CMT	Tara Diaries	The Wilkinsons	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country
	601	562	45	SLC	End of Leash	ET Canada	Rich Bride, Poor Bride		X-Weighted "Jen"		The Biggest Loser		Rich Poor
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Choc. News	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	*Seed of Chucky* ★ (2004, Horror)		
	600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes-Homes
	627	528	50	SPC	Lost "... And Found"		Star Trek: Voyager		Battlestar Galactica		Chuck (N)		Stargate SG-1
	581	566	53	MTV	Busted	After	MTV News	Cribs	The Hills	Super Sweet	True Life "Native" living.		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Make or Break	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	522	506	55	HIS	NCIS "Reveille"		Lost Worlds		Chasing Warbirds		NCIS "Reveille"		Crime Stories
	129	773	60	CD	Biographies "Angèle Coutu"		Dossiers justice Jeff Fillion.		Dossiers FBI (HDTV)		Autopsie		Images-chocs
	261	394	61	V	Murder, She Wrote		Wait for God	Keeping Up	*The Wizard of Oz* ★★★★ (1939, Fantasy) Judy Garland.				Emily-Moon
	602	567	62	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	Real Est	Love It-List It
	269	350	70	APTN	Suaangan (N)	Rez Rides	Next! Youth	renegadepress	*Bram Stoker's Dracula* ★★★ (1992, Horror) Gary Oldman, Winona Ryder.				
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	etalk Presents Me to We		The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	The Main	Chef at Home	Halloween Sweets Unwrapped		The Secret Life Of...		Jamie's Kitchen Australia (N)		Restaurant

critics'corner

Masterworks
Jimmy Mirikitani has lots of stories to tell ... but he'd prefer to show you. The new documentary "The Cats of Mirikitani" is a deeply personal profile of an artist who grew up in Hiroshima, was confined to a U.S. internment camp during the Second World War and spent his later years on the streets of New York. Filmmaker Linda Hattendorf found him there and urged him to share his life story and his art. After the 9/11 attacks, she opened her home to him. 10 PM on 2 TVO

The Nature of Things
Calling all armchair Indiana Joneses. In the new four-part series "The Adventurers" real-life explorers take viewers along to explore exotic peoples and places. The opening episode, "The Last Nomads," is a bittersweet encounter with the Penan people of the Borneo rain forest, who are losing their millennia-old way of life to logging concerns. Anthropologist and linguist Ian Mackenzie conducts the tour. 8 PM on 8 CBC

Singer Messina to have son

Country singer Jo Dee Messina and her husband Chris Deffenbaugh are expecting their first child, a boy. Messina is in her third trimester — she is due in December. **PEOPLE.COM**

Celebrity Buzz

Britney's dad in control

LEGAL Britney Spears' father, Jamie, has been named permanent conservator of his daughter's affairs, a Los Angeles court has ruled.

He was also named permanent co-conservator of her estate, along with an attorney, Andrew Wallet, on Tuesday, People.com reports.

"I've met several times with (Britney) and she requested that I not object to the permanent conservatorship," the singer's court-appointed lawyer Samuel Ingham said in open court.

Commissioner Reva Goetz stated the permanent conservatorship was "necessary and appropriate."

Experts say, however, the permanent status doesn't necessarily mean forever.

A source close to Spears concurs, saying, "This is by no means something that's going to last forever. The conservatorship being made permanent in name is primarily to ensure increased time with her children, and provide support for her music and work goals."

Terry K. Wasserman, a mental-health lawyer not involved with this case, adds, "Ms. Spears can regain control of her life anytime — as long as her doctors feel she's able to manage her own affairs."

METRO NEWS SERVICES

HELLO! Hot shot of the week

The prospect of a Canadian winter hasn't deterred actress Halle Berry from purchasing property north of the border, inset. Berry — seen shopping at a Vancouver Whole Foods store on Sunday — and her Montreal-born model beau Gabriel Aubry have bought a million-dollar retreat in Quebec's Laurentian Mountains, where they can cosy up against the elements with seven-month-old daughter Nahla.

HELLO! CANADA magazine, now available on newsstands — read more at hellomagazine.ca

Joaquin to quit acting for music

CAREER Oscar-winner Joaquin Phoenix is retiring from Hollywood, at the age of 34, imdb.com reports.

The actor will instead focus on his budding music career.

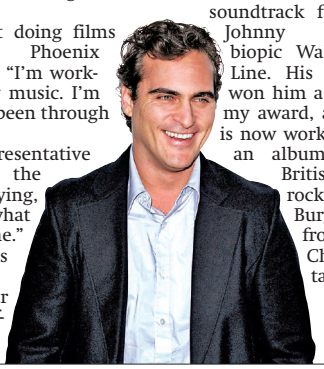
"I'm not doing films anymore," Phoenix told Extra. "I'm working on my music. I'm done. I've been through that."

His representative confirmed the news, saying, "That is what he told me."

Phoenix's brother-in-law, actor Casey Affleck, added Phoenix is for real: "I don't think he's kidding. He's got music and stuff."

Phoenix's vocal skills were applauded in 2005 when he recorded the soundtrack for the Johnny Cash biopic Walk the Line. His efforts won him a Grammy award, and he is now working on an album with British rocker Tim Burgess from the Charlatans.

METRO NEWS SERVICES



celebrity brief

Gwyneth tops worst duet poll

SURVEY Actress Gwyneth Paltrow and singer Huey Lewis's rendition of Cruisin' in the 2000 movie Duets has been voted the worst vocal collaboration of all time by online music magazine Spinner, femalefirst.co.uk reports.

The pair played karaoke champs in the film.

Paula Abdul's pairing with MC Skat Kat for Opposites Attract was named second worst, followed by Sir Paul McCartney and Michael Jackson's The Girl is Mine.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Colin reveals pain at movie flop

PEOPLE Actor Colin Farrell has opened up about box-office blunder Alexander four years after its release, saying he's just getting over his disappointment at the movie flop, imdb.com reports.

Farrell played the ancient Greek conqueror in the 2004 movie.

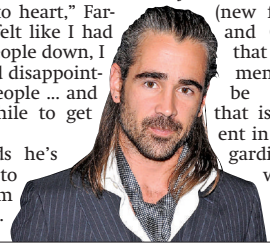
The film made a mere fourth of its reported $155 million US budget at the U.S. box office, adding to Farrell's stress from movie critics who were disappointed with his performance.

"I took it to heart," Farrell says. "I felt like I had let a lot of people down, I felt like I had disappointed a lot of people ... and it took a while to get over that."

Farrell adds he's just starting to recover from the backlash.

"I probably got a bit disillusioned after that. I think only in the last couple of years, starting with (new film) Pride and Glory, has that disillusionment ceased to be something that is still present in my life regarding the work."

METRO NEWS SERVICES



Kellie no longer eating meat

PEOPLE Not long ago, Kellie Pickler was a red-meat-eating country girl. Now the country star tells People, "I can't do it!"

About five months ago, she joined her friend, fellow singer Carrie Underwood, a long-time vegetarian, in giving up eating meat.

"Most country girls do like their meat," Pickler says. "I used to eat steak rare all the time."

Pickler adds she and Underwood now "have this little vegetarian thing going on.

"I'll text her and be like, 'Is fish considered a meat?' And she'll be like, 'Well, different people look at it differently.'"

Pickler says she first decided to go veggie for health reasons.

METRO NEWS SERVICES

celebrity brief

Tara tries to shun critical comments

PEOPLE Actress Tara Reid has faced Internet attacks aimed at her post-surgery figure, but she's trying to move on, People.com reports.

"It does hurt my feelings, but what can I do?" she says.

Yet moving on has been difficult. Reid has to live with scars on her stomach from a 2004 liposuction surgery and reconstructive surgery in 2006.

METRO NEWS SERVICES

Growing older concerns Jessica

HEALTH Actress Jessica Biel is reportedly already suffering the adverse effects of the aging process at the age of 26, imdb.com reports.

Biel fears she will have to slow down her exercise regime because she's waking up each morning stiff and in pain.

"I feel my knees changing, like, why do I have this pain when I'm running on the treadmill? What's going on with my lower back when I wake up in the morning? I just feel changes," she tells Britain's Marie Claire magazine. "And I'm definitely fearful in a very vain manner about my body aging."

But Biel has no intention of undergoing surgery to preserve her looks.

"I am really afraid of blades on my face," she adds.

METRO NEWS SERVICES

celebrity brief

Duffy meets her influence: Whoopi

SURVEY Duffy has revealed the inspiration for her career in music — actress and comedienne Whoopi Goldberg, femalefirst.co.uk reports.

During an appearance on the TV talk show The View, which Goldberg co-hosts, Duffy revealed she fell in love with soul music after watching Goldberg star in the musical movie Sister Act.

METRO NEWS SERVICES

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TWN incorporates MSC data
Today Mainly sunny 5°/ 1°
Friday Partly cloudy 11° / -3°
Saturday Variable 6°/ -3°
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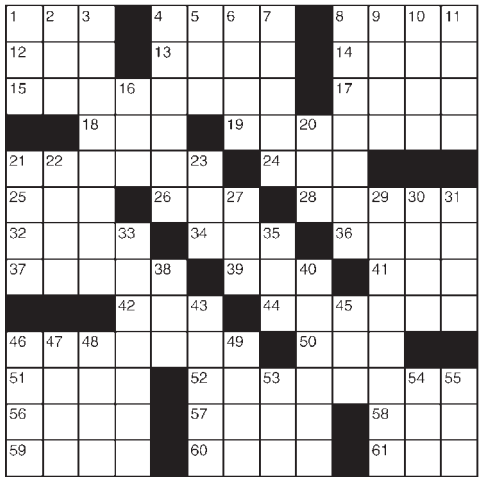
Take Five



Crossword across

1 Vacationing
4 Weapon handle
8 Major leagues
12 Carnival city
13 Look lecherously
14 Norway's capital
15 Bully
17 Revolution period
18 Bill
19 Come before
21 Talcum, e.g.
24 In an earlier time
25 "— not choose to run"
26 Long sandwich
28 Different
32 Belgrade resident
34 Wrigley product
36 Domesticate
37 Inquired
39 Petrol
41 Zero
42 Melody
44 Gaudy
46 Stunt double, e.g.
50 "Of course"
51 Flock youngster
52 MySpace alternative
56 Neighborhood
57 Pinocchio, at times
58 X-ray descendant
59 Designer Vera
60 "Desire Under the —"
61 Chow down

Crossword down

1 Scepter topper
2 Christmas tree, often
3 Adroit maneuvering
4 Calvin's companion
5 Time of your life?
6 Envelope feature
7 Aquarium favorite
8 Refuse to buy
9 "Gotcha"
10 Pleased
11 Angry
16 Bankroll
20 Freudian concept
21 Tower city
22 Pindaric works
23 Bad hairpiece
27 Annoy
29 Attractive
30 Eastern bigwig
31 Depend (on)
33 Pellet-filled chair
35 Wrestlers' surface
38 Accomplished
40 Lord Wimsey's creator
43 Soldier's arm
45 Symbol of intrigue
46 Cabbage salad
47 The O'Hara estate
48 Congregation's cry
49 Manicurist's concern
53 Rotating part
54 Man-mouse link
55 Set of equipment

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1		4		3		9	
4								2
		7		9		6		
	7	3		2		1	8	
	9			8			2	
	2	5		1		9	6	
		8		4		5		
9								8
	4		8		7		3	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	6	4	8	3	7	1	2	9
3	7	9	1	2	5	6	4	8
2	8	1	6	4	9	7	5	3
4	5	8	3	1	2	9	6	7
7	1	2	9	6	4	8	3	5
6	9	3	7	5	8	2	1	4
1	3	7	4	8	6	5	9	2
9	4	5	2	7	1	3	8	6
8	2	6	5	9	3	4	7	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Sweet Potato Soup

INGREDIENTS:
2 tbsp (25 mL) olive oil
2 cloves garlic, minced
1 large onion, chopped
1 red bell pepper, seeded and chopped
1 tsp (5 mL) ground ginger
1 tsp (5 mL) allspice
4 cups (1 L) low-sodium vegetable or chicken broth
2 large sweet potatoes, peeled and cut into 1-inch (2.5-cm) pieces
1 can (19 oz/540 mL) diced tomatoes
1/2 cup (125 mL) natural peanut or almond butter
1 package (16 oz/450 g) frozen shelled edamame
5 oz (150 g) baby spinach

METHOD:
1. Heat oil in a large saucepan over medium-high heat. Add garlic, onion and bell pepper and cook until lightly browned, 5 minutes. Add ginger and allspice and cook for 1 minute.
2. Stir in broth, sweet potatoes and tomatoes and bring to a boil. Reduce heat to low, cover, and simmer until potatoes are just tender, 15 minutes.
3. Place peanut butter in a small bowl. Whisk in about 1 cup (250 mL) of the simmering broth. Return to the pan and add edamame and spinach. Cook until edamame is cooked through, 10 minutes.

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Noble people are defining their boundaries. Deceit causes awareness of distress. A standard approach isn't necessary for a project.

TAURUS
APRIL 21-MAY 21
There'll be talk about not getting credit. Varied options are difficult for an inattentive person. An elder comes to the forefront of a discussion.

GEMINI
MAY 22-JUNE 21
A man makes an effort with bonding. Comforting a friend brings you good luck. You won't insist on following the rules.

CANCER
JUNE 22-JULY 22
A show-off gets spiteful due to frustration. A stranger offers a little sympathy. Talking about a bad boy is more fun than it's worth.

LEO
JULY 23-AUG 23
Not everyone is upset about someone's anxiety. Your friendship isn't taken for granted. A lively friend boosts your confidence.

VIRGO
AUG 24-SEPT 22
A subdued celebration will take place. A sympathetic person wants the right to remain silent. Be doubtful when you see undue diligence.

LIBRA
SEPT 23-OCT 23
Someone's behaviour is unnerving. A phone call is not as good as you expected. A buddy makes the best of a crisis at work.

SCORPIO
OCT 24-NOV 22
A train of thought evokes tender memories. Refuse to take sides while chaos rules. You'll develop a guilty conscience about a lie.

SAGITTARIUS
NOV 23-DEC 21
Speak up about honesty and trust. A relationship takes on special significance. Security issues are increased with an appealing person.

CAPRICORN
DEC 22-JAN 20
Try different tactics when a meddler refuses to listen. A poor decision is made in the heat of the moment. You'll cheer for a friend's deeds.

AQUARIUS
JAN 21-FEB 18
Keep an open mind but don't forget insulting behaviour. An enemy causes laughter with a silly remark. Avoid people who may not be sincere.

PISCES
FEB 19-MARCH 20
A game player regrets what was said in anger. An old friend has scary news to share. Scrutinize the attention coming from a hermit.

WORDY GURDY®

BY TRICKY RICKY ZANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Stealthy, conniving agent like Bond (1)
2. Brusque, to-the-point R.N. (1)
3. That woman'll take illegally (1)
4. Grass-colored movie theater fixture (1)
5. Boss's Mexican blanket-like cloaks (2)
6. Rubbing and smoothing a staircase platform (2)
7. Stella's "Streetcar" sister's cattle farms (2)

ANSWERS
1. SLY SPY 2. TERSE NURSE 3. SHELL STEAL 4. GREEN SCREEN 5. PONCHOS PONTOONS 6. SANDING LANDING 7. RANCHES RANCHES

This day in history

OCT. 30, 1831: In Southampton County, Virginia, escaped slave Nat Turner is captured and arrested for leading the bloodiest slave rebellion in United States history.
OCT. 30, 1944: Anne Frank is deported from Auschwitz to the Bergen-Belsen concentration camp.
OCT. 30, 1961: Because of "violations of Lenin's precepts," it is decreed that Joseph Stalin's body be removed from its place of honour inside Lenin's tomb and buried near the Kremlin wall with a plain granite marker instead.
OCT. 30, 1995: Quebec sovereignists narrowly lose a referendum for a mandate to negotiate independence from Canada.

METRO NEWS SERVICES

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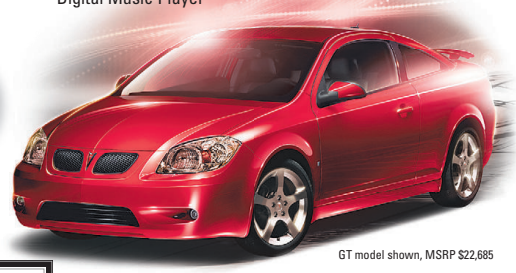

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For the latest information, visit us at gm.ca, call 1-800-GMDRIVE or visit your local Pontiac Buick GMC dealer. *Offer applies to the purchase of 2009 Pontiac Vibe 1SM. ±0% purchase financing available for 60/60 months available on 2009 Pontiac (Vibe 1SM/G5 SE Coupe or Sedan 1SR). Financing available on approved GMAC credit only. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0% for 60 months, the monthly payment is $166.67. Cost of borrowing is $0, total obligation is $10,000. Freight and taxes not included for bi-weekly payment. Bi-weekly payment for G5 SE Coupe or Sedan 1SR based on a purchase price of $17,919 with $2,950 down payment. ◆Offer applies to the cash purchase of 2009 Pontiac G3 Wave 5-door 1SM. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for a cash purchase offer. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate. ✦Freight ($1,290/$1,225/$1,225), license, insurance, registration, PPSA, administration fees and taxes are not included. Offers apply as indicated to the purchase of 2009 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Pontiac Buick GMC Dealer Marketing Association area only (including Outaouais and excluding Northwestern Ontario). Dealer order or trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Allowance Program. ® Registered trade-mark of General Motors Corporation/Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank. ®OnStar services require vehicle electrical system (including battery), wireless service and GPS satellite signals to be available and operating for features to function properly. Subscription Service Agreement required. Call 1-888-4ONSTAR (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions, Privacy Statement and details and system limitations. ‡Estimated 2009 ratings, based on GM testing in accordance with approved Transport Canada test methods. Your fuel economy results may vary. Vibe FWD 1SM with manual transmission. ▽GMCL will pay the first two months' GMAC lease payments for 24 to 60 month leases only, paid up to a maximum monthly lease payment of $400 (tax included). Alternatively, GMCL will pay the first two months' GMAC finance payments for finance terms up to 60 months only, paid up to a maximum monthly finance payment of $400 (tax included). Offer applicable to equal monthly payment leases or finance agreements with GMAC and subject to GMAC credit approval. License, insurance, registration and administration fees not included and may be payable upon signing. Program not available to recipients of any previous GM student/graduate offer. Visit gmstudentbonus.ca for more details. iPod® is a registered trademark of Apple Inc.